

CHECKLIST FOR YOUR HOSPITAL STAY

At least 6 to 8 weeks before your due date you should be packing a bag to take to the hospital so that you do not have to rush when the time comes.

IMPORTANT PAPERS:

You will need certain papers to apply for your baby's birth certificate. Do not take these to the hospital with you when you are admitted for delivery. Have them ready and have somebody bring them to you after your delivery.

Married:

- ID Cards for both. If you do not have an ID Card you will need to provide your passport (hospital will make copies).
- Original marriage certificate. If there is no date of birth on the marriage certificate or if the mother's maiden name is not on there you will need to provide the Original birth certificates.

Unmarried:

- ID Card. If you do not have an ID Card you will need to provide your passport (hospital will make copies).
- Original birth certificate.

If you would like to have the father's name to appear on the birth certificate you will have to provide the following:

- ID Card. If he does not have an ID Card he will need to provide his passport (hospital will make copies).
- Acknowledgement of paternity.
- Original birth certificate.

If the sponsor is deployed and cannot be there to sign the birth certificate request you need to provide a special power of attorney (stating: report of birth) to be able to request the birth certificate.

All original documentation will be returned to you.

FOR YOUR BABY:

You will only need things for your baby for the discharge day.

- 1 diaper for newborns.
- 1 undershirt (onesies).
- 1 outfit.
- 1 sweater or jacket, 1 baby hat.
- 1 blanket.
- 1 baby carriage/car seat for the ride home.

FOR THE EXPECTANT MOTHER:

- 2 comfortable shirts or t-shirts during birth.
- 4-6 night gowns that can be open in case of breast feeding.
- 10 underwear.
- 1 pack pads for breast feeding.
- 2 breast feeding bras (1 to 2 sizes bigger than usual).
- 1 housecoat or robe.
- Slippers.
- Washcloths and towels (not provided by hospital).
- Toiletries (soap, tooth brush and paste, comb etc.).
- Comfortable clothes for the ride home (should not be too tight).

**NOW THAT THE BABY IS HERE
YOU NEED TO DO THE FOLLOWING**

- Make a well-baby appointment for your newborn at the Health Clinic.
- Make a post partum appointment for yourself with your OB physician.
- After receiving the birth certificate, enroll the newborn in Defense Enrollment Eligibility Reporting System (DEERS), apply for American birth certificate, apply for SSN card/number, passport (done at ID card section DSN 348-7383 or CIV 06151-697383).
- After registering newborn in DEERS, enroll him/her in Tricare Prime (done at the Health Clinic 2nd floor Rm 230B).

AND FINALLY
CONGRATULATIONS